

NUTRIFAX[©]

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Whole Grains

What is a grain?

Whole wheat flour, bulgur, oatmeal, quinoa, whole cornmeal, and brown rice are examples of grains. Grains are important to a balanced diet because they supply vitamins, minerals, fiber, and energy. The 2005 Dietary Guidelines for Americans and MyPyramid recommend six serving of grains daily. The Guidelines continue to advise that we eat 3 or more of those servings as whole grains. Today, many Americans only eat one serving per day and over 30 percent do not eat whole grains at all.



What is a whole grain product?

A whole grain product contains all of the parts of the grain (bran, germ, and endosperm).



What is a refined grain?

White flour, white bread, and white rice are examples of refined grains. Refining removes the parts of the grain containing the nutrients.

Often refined grains are enriched, a process that replaces many of the nutrients.

What is fiber?

Fiber is a component of whole grains that the body cannot break down. Fiber is proven to protect cells from damage, reduce cholesterol, and promote a healthy digestive tract.

Good sources of whole grains:

- Oatmeal or whole grain cereal
- Whole wheat bread, pita, or tortilla
- Brown rice or wild rice
- Whole wheat pasta

How do I know if I am purchasing a whole grain product?

Read the label; look for “whole grain” and “whole wheat” as one of the first ingredients listed.



The Whole Grain Council, a non profit group has developed a consumer-friendly stamp for whole grain products. The stamp identifies whole grain products as “good, excellent, and 100% excellent source.”

Food and Nutrition Services
can assist in providing
nutrition information.
Call 703-813-4800 and ask for a
Registered Dietitian.